

School Systems: The Importance of Promoting & Providing Sun Protection!

There are many ways school facility administrators and teaching staff seek to protect students and themselves from health hazards. Fire escape plans, earthquake and fire drills, asbestos elimination, closed campuses, removal of dangerous playground equipment, earthquake construction and indoor air quality standards, and even anticipated acoustical protection guidelines represent but a few methods employed to protect health and wellbeing. Yet too often staff forget to adequately safeguard young people and themselves from ultraviolet (UV) rays found in sunlight. This oversight persists despite the sun's dominant, daily presence in the sky.

The growing imperative to increase student participation in physical activity – often occurring outdoors – should be coupled with support for sun safety practices. Thus, reduction of risk for conditions like juvenile-onset obesity and diabetes won't simply be replaced by another chronic disease – **skin cancer**. School systems can integrate sun safety by:

- 1) Incorporating sun protection instruction in their teaching plans.
- 2) Adopting sun safety guidelines for all outdoor activities.
- 3) Providing **more shade options (trees & structures)**.
- 4) Modeling of sun safety behaviors by teachers and staff.
- 5) Posting signage that reminds teachers & students to practice sun safety.

The Skin Cancer Prevention Program (SCPP) has education and policy materials to assist school systems to integrate sun safety instruction and practices into their daily operation. For more information, contact SCPP at (916) 449-5393 or at amanthe@dhs.ca.gov.

It is important to understand why and how to protect both young and old from solar assault! Please review the following skin cancer prevention facts and tips. You are also encouraged to peruse the new sun safety Web page created by the California Department of Health Services: www.dhs.ca.gov/cpns/skin/index.htm. (Note especially the “Resources” section.)

- Skin cancer is now considered EPIDEMIC by the Centers for Disease Control and Prevention. This disease persists since contact with sunlight seems inevitable. **Currently, one in five people can expect to get skin cancer in his or her lifetime.**
- Solar radiation (including UV rays) is now classified as a “known human carcinogen.” Thus UV rays join the ranks of known cancer-causing elements like arsenic, asbestos, radon, and tobacco smoke.
- Sunlight causes ninety percent of all skin cancer. Unprotected exposure to UV rays in sunlight also causes blistering sunburns, premature aging (wrinkles and blotches), a weakened immune system, and cataracts (a loss of transparency in the lens of the eye that results in cloudy vision).
- There are more new cases of skin cancer each year in California than the total new cases of the next 12 cancer sites combined, including cancers of the breast, prostate, lung, and colon! Researchers expected 1.3 million new cases of skin cancer in the United States during 2000.

- A child's skin - particularly before age 10 - is especially vulnerable to UV rays. **Childhood sunburns** increase a child's risk of developing skin cancer as an adult. Even a suntan is harmful. **Tanning** is actually an outward sign of internal skin damage.
- Up to eighty percent of lifetime sun exposure occurs in pre-adulthood, at least for children who engage in indoor occupations as adults.
- From mid-spring through mid-fall, between 10 a.m. and 4 p.m., outdoor play and work areas can be likened to a **radiation chamber** due to intense solar rays.
- UV rays linked to skin cancer development are more intense (destructive) under certain time frames or conditions:
 1. From 10 a.m. to 4 p.m.
 2. Lack of thick cloud cover
 3. From mid-spring through mid-fall
 4. At higher altitudes
- Promotion and modeling of sun safety behaviors within structured environments like schools will influence young people to practice sun protection during non-school hours.
- Recognizing the generally understood link between sun exposure and the ever-increasing growth in skin cancer cases, it is vitally important for administrators of schools and other programs that provide outdoor activities for children to adopt and implement sun protection instruction and guidelines (or policies), **and provide shade implements (trees and structures).**

SUN SAFETY TIPS

- Wear a wide-brimmed hat (at least 4-inch brim) or a baseball-type hat with back and side flaps that produces a shadow that covers the eyes, ears, nose, face, and back of the neck
- Wear tightly-woven, loose-fitting clothing that covers as much of the body as possible.
- Reduce sun exposure from 10 a.m. to 4 p.m., when UV rays are strongest.
- **Find shade (trees, physical structures)** to shield you, especially from 10 a.m. to 4 p.m.
- Use sunglasses that include a warranty stating that they provide 100 percent UVA and UVB (broad-spectrum) protection.
- Liberally apply sunscreen to exposed skin one-half hour before going outdoors. The sunscreen container should have a sun protection factor (SPF) rating of 15 or greater and should state that it provides broad-spectrum (UVA and UVB) protection. Depending on outdoor conditions, sunscreen should be reapplied at least every two hours.

WARNING! Don't depend on sunscreen alone to protect children and adults from skin cancer. Instead, rely as much as possible on a combination of all the tips listed above.

- To test for possible allergic reaction, apply sunscreen on a small patch of skin - such as the underside of the forearm - to see if any irritation develops within the next 24 hours.